

Is the action plan working?



EVALUATION FOR: _____
(Name of student)

As a school nurse, you will want to assure that your children with asthma are achieving good management. You also will want to help parents decide whether their child's care is appropriate. The following guidelines can help:

What to expect from good asthma management	Signs that the child's asthma care is not appropriate – that the asthma action plan is not the right one for this child	Are we following the action plan correctly?
<input type="checkbox"/> No symptoms or only minor symptoms of asthma <input type="checkbox"/> No bothersome side effects from medications <input type="checkbox"/> Sleeping through the night without asthma symptoms <input type="checkbox"/> Able to go to school every day <input type="checkbox"/> Able to play in PE, recess or sports without having to stop <input type="checkbox"/> No emergency room or hospital visits	<input type="checkbox"/> Asthma symptoms that require quick relief medicine more than twice a week <input type="checkbox"/> Symptoms get worse even with quick relief medicines <input type="checkbox"/> Frequent or persistent (longer than 1 or 2 days) irregular or fast heartbeat, feeling shaky or dizzy, headache, upset stomach. <input type="checkbox"/> Waking up at night because of coughing or wheezing (looks tired and sleepy at school) <input type="checkbox"/> Missing school because of asthma symptoms Has to stop and rest at PE, recess, or play at home because of symptoms <input type="checkbox"/> Symptoms require unscheduled visit to doctor, emergency room or hospital	<input type="checkbox"/> Are you or the parent giving long term control (anti-inflammatory) medicines as ordered? <ul style="list-style-type: none"> • Every day at proper times? • Using inhaler/spacer properly? • Taking pre-exercise medicines? • Taking quick-relief medicines immediately when asthma symptoms occur? <input type="checkbox"/> Are you monitoring symptoms? (You might want to help the child or parent use a peak flow meter or diary.) <ul style="list-style-type: none"> • Are you monitoring every day? • Are you monitoring after taking quick-relief medicines? <input type="checkbox"/> Are you watching for, removing and/or avoiding triggers? <ul style="list-style-type: none"> • Have you identified triggers? • Do symptoms follow a particular pattern (such as: cold days only, after exercise, same time of day, same location, etc.) <input type="checkbox"/> Are you watching for early warning signs/symptoms? <ul style="list-style-type: none"> • Have you identified your child's early warning signs? • Are you watching for signs every day?